

# DINNERLY



## Feed A Crowd: Italian Chicken Pasta

Same Meal Price, More Servings!



30 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.



## WHAT WE SEND

- 2 carrots
- free-range chicken tenderloins
- 500g spaghetti <sup>1</sup>
- 20g Italian seasoning <sup>17</sup>
- 2 x 400g diced tomatoes
- 100g feta <sup>7</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 2 tbs tomato paste
- 2 tsp balsamic vinegar <sup>17</sup>
- 2 tsp sugar

## TOOLS

- large saucepan
- large deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 765kcal, Fat 15.9g, Carbs 107.3g, Proteins 39.0g



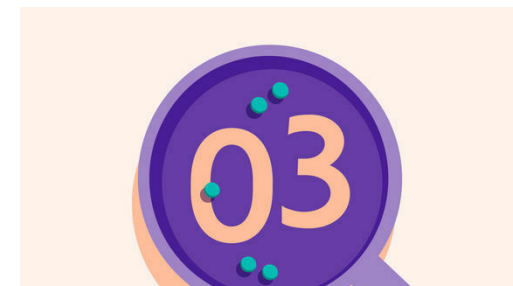
### 1. Prep ingredients

Bring a large saucepan of salted water to the boil for the spaghetti. Peel the **carrots**, then halve lengthwise and thinly slice (see Feed A Crowd). Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken**.



### 2. Cook spaghetti

Cook the **spaghetti** in the pan of boiling water for 8 mins or until al dente. Reserve **250ml (1 cup) cooking water**, then drain the spaghetti. Meanwhile, put the **chicken, garlic, 1 tbs Italian seasoning** and **1 tbs olive oil** in a bowl, season with **salt and pepper** and toss to combine.



### 3. Brown chicken

Heat a large deep frypan over medium-high heat. Cook the **chicken**, stirring occasionally, for 3 mins or until browned. Remove from the pan. Heat **2 tsp olive oil** in the pan over medium heat. Cook the **carrot**, stirring, for 5 mins or until tender. Add the **remaining Italian seasoning** and **2 tbs tomato paste** and cook, stirring, for 1 min or until fragrant.



### 4. Simmer sauce

Add the **tomatoes, reserved cooking water, 2 tsp balsamic vinegar** and **2 tsp sugar** to the carrot mixture and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 7 mins or until slightly reduced.



### 5. Serve up

Add the **chicken** to the sauce and cook for a further 2-3 mins until the sauce is slightly thickened and the chicken is cooked through. Remove the pan from the heat. Add the **spaghetti** to the **sauce**, toss to combine and divide among bowls. Crumble over the **feta** and enjoy!



### 6. Feed A Crowd

If you've got little ones who aren't fond of carrot, you can easily camouflage it by coarsely grating – they'll never know it's there! Just reduce the cooking time for the carrot in Step 3 to 2-3 mins.